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The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

Volume 24, No. 47 The Journal, Coleman, Alberta Wednesday, Aug. 11, 1954 single copy 7c

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Mile Long Parade Highlights Rodeo Fernie Girl Wins New Pontiac In Bingo

A larger crowd than last year paid admission to Coleman's 8th Annual Rodeo Saturday and saw a faster moving program than was offered last season. Larger calves to give the cowboys a tougher battle and good bucking stock combined to give a top notch performance. Specialty acts this year did not feature the high priced clowns of former years, however, most fans stated that the amateur acts shown this year surpassed the corn of previous clowns.



Wilf Gerlitz was one of the top-notch cowboys performing at Coleman Rodeo

Among the performers were such notable cowboys as Tom Duce, former world steer decorating champ, Wilf Gerlitz, former Canadian champ, Marty Wood, winner of this year's Calgary, Edmonton and Great Falls shows, Bob Duce, champion Bareback Bronc Rider, Carl Olsen, former Steer Decorating champ and Reg. Kessler Canadian All-Round Cowboy.

Two contestants received slight injuries, Hockey of Fernie suffering slight concussion and Kent Fisher of Coleman requiring a couple of stitches for a face injury.

Rose Mary and Joyce Wuotila pleased fans with a demonstration of trick roping, Jimmy Couits of Nanton fooling all and sundry with his night club entertainer act. Most in attendance actually believed it to be a woman performing.

Local Business Men Try Roping

Tired of mending shoes, selling meat or hardware or trying to please each and every motorist along the highway, Coleman business men tried their hand at calf roping. When the dust had settled and the sun had slipped a few more notches in the west, Dept. of Highways foreman Joe Hanrahan emerged as the winner with a time of 34 flat. Runner up Butch Misura proved to be more adept with cattle in smaller pieces and within the confines of his butcher shop, taking the time of 1.44 and 2. Fire Chief Aldo Montalbetta defied convention and attempted to do the job in his own style racking up a time of 1 minute and 59 seconds. Alto gets to fire faster than this Rudy Yeliga, the man responsible for all the teenagers wearing gaudy colored cowboy hats proved to have a better understanding of what the cowboy wears than the knots he ties. Rudy made fairly good time but failed to tie the critter securely with the result of no time. Perhaps the greatest surprise of the day was the performance of ex-farmer Jim Wilkie, assistant arena director and Mr. Rodeo himself around Coleman. Jim had the right idea but lacked the speed. On more than one occasion the fleet calf wasn't where he should be according to Jim and the husky gas dispenser landed on his puss. While it may have seemed like hours to the laughing and cheering spectators, Jim actually snared the critter in 2 minutes and 52 seconds.

Hundreds assembled along the main streets of Coleman Saturday morning to witness the longest and most impressive rodeo parade in Coleman's history.

Led by the Coleman Pipe Band, Crows Nest Pass Band and the Michel Natal band, the parade featured floats from Industries, organizations and local business firms, Boards of Trade, Canadian Legion Lodges, decorated cars, and kiddies with their decorated bikes and fancy costumes. Most impressive in the parade for people attending from out of town was the massive Euclid that was brought down from Tent; Mountain Strip Mine.

Impressive to the local people was the excellent support given the parade by the neighboring town, of Blairmore and the Maycroft Ski Club. These floats were among the best and go a long way to fostering cordial relations between the towns.

Parade Marshall prizes; Maycroft Ski Club and Toppiano's Grocery.

All last winners were not available, we having made every effort to learn the winners. A partial list of winners is as follows:

Bodilo - Sartoris
Blairmore Board of Trade
W. DeGroot

Childrens prizes: Linda D'Amico, Cecilio Kovak, John Carrol, Eddie Cornett, Leanne D'Amico, David Sprlak, Joseph Sheremeta.

Mother of 104 Brings Happiness To Coleman Homes

A proud mother of 104 offspring has brought happiness to at least 99 children in Coleman since 1946. Puss, the black and white mother cat has brought 104 kittens into the world since that date twelve years ago. Of this amount all except the last five have found homes in Coleman. The closure of the International mine, where Puss lives, resulted in no one being around to look after the new arrivals and they were destroyed.

Puss arrived at the International Lamp house with A. DeLuca in 1946 and since that time has been the pet of all the miners and the special charge of men like Neil Fleming and Dave Bowen. Many of the miners fed Puss. Neil and Dave making sure that her wants were met by supplying weekly allotments of Perky Cat and Dog Food, Liver and even T-Bone. While she was the friend of the miner, Puss was at the same time the scourge of the dogs, never letting one come near her residence.

A visit to the lamp house Friday with Mr. McKinnon found Puss to be quite content and well fed by the men who form the maintenance crew at the closed mine. Despite the fact that her benefactor for years had not been near the mine since its closure last March, Puss knew Neils call and followed him as he showed us around.

Records of the blessed events were kept by the men showing kittens born as follows: 1946-10, 1947-21, 1948-11, 1949-8, 1950-9, 1951-15, 1952-10, 1953-12, 1954-8. Close friends of Puss hoped that she would reach the hundred mark in March of this year but were disappointed when on March 11 she gave birth to 3, making a total of 99. On July 11 five more were born to boost the total to 104.

No. 3 Highway Receives Seal Coat

No. 3 highway from the B.C. border to one mile west of the hospital and from Bellevue to Lundbreck is receiving a seal coat. All C.P.R. crossings are to be lifted and the bumps taken out.

Ditches are being filled and paved at Crows Nest Lakes for the purpose of drainage. This will allow water to run between the culverts without creating wash.

The two approaches to Coleman on the former route of the Highway will be paved this week.

Bruno Engler Worked For Filming of Movies

The man with the toque watched by thousands at the rodeo Saturday as he filmed the various events was Bruno Engler, fast becoming one of Canada's top photographers. Shots of the rodeo will be added to Bruno's large collection of photos of the Coleman-Kananaskis Road, Alberta Ski Events, Mining in The Pass and the cattle industry around Port Macleod.

Born in Switzerland, Bruno came to Canada in 1939 serving as a mountain guide at Lake Louise for some time and ski instructor at Blairmore for two years. In 1952 he joined the photography staff of the Alberta government.

A professional mountain climber, he with Fritz Fry made the first climb of six of the Seven Sisters adjoining Crows Nest Mountain in July of 1952. The only remaining point to be scaled is No. 6, the party not having the proper equipment at the time.

When asked about mountain climbing here in comparison with climbing at Banff, Mr. Engler said it was much the same with the exception that the mountains at Banff are higher. Climbing in Switzerland is better, the rock is being firmer. Mountain climbing in Canada is more dangerous, and should the sport become more popular the casualty rate will be high. Speaking of the Kananaskis, he stated that this was entirely different from the usual, the contrast of rolling hillsides and then into the more rugged Highwood Pass. The Highwood Pass is similar to a road through the Dolomite Pass in Italy one of the most scenic roads in the Alps.

All his pictures are not necessarily mountain scenery shots, Mr. Engler having served as mountain advisor and took all location shots for the movies "Saskatchewan" starring Alan Ladd and Shelley Winters and "The Far Country" with Jimmie Stewart, Walter Brennan, Ruth Roman and Corinne Calvet. In the latter picture, Mr. Engler took the part of a sordough and Mrs. Engler and children portrayed the Mounties wife and children. This picture filmed at Columbia Icefields and Jasper, was the story of the Trail of 98.

During the shooting of one scene, Bruno advised against a certain location as being dangerous due to possible snow slides. Shortly after this the snow fall crashed down on the spot where the director had planned to take the picture. In appreciation, Ruth Roman photographed a picture to Bruno thanking him for saving her life.

Fishing in the North Fork area for eleven days were Archie Anderson and Robert Jenkins and believe it or not they claim they have caught all the fish up there.



"HAWAII", an all-girl show headed by Ben Hakea will be presented as one of six big shows when the Gayland Shows set up at Blairmore August 13 and 14. Ben Hakea is one of the original Royal Hawaiians and has his own television and radio show.

Pontiac Car Goes To Fernie Girl; 1300 Assemble For Car Bingo

Miss Sandra Scales of Fernie drove away the 1954 Pontiac, top prize at the Coleman Car Bingo on Rodeo Day. Miss Scales and Mr. Vernon of Edmonton both completed a black-out bingo at the same time. Miss Scales buying out Mr. Vernon's share.

Other prize winners in the event were: J. MacLaren, Kimberley, Cole-

man Picnic Set, J. Chisholm, Vancouver, Axminster Rug, John Kubak, Coleman, Community Silver, Darlene Stewart, Qualicum, B. C., Westinghouse Roaster Oven, Mrs. B. Sitko, Michel, B.C., Stainless Steel Kitchenware, Mrs. Mary Walker, Pincher Creek, Travelling Bag, Mrs. S. Scales, Blairmore, Success Wapiti, Cardston, Suede Jacket.

Name Bellevue Man President Playgrounds Swimming Club

BLAIRMORE — A meeting was held in the Blairmore court house recently for the purpose of forming the Turtle Mountain Playgrounds Swimming Club. To head the organization are president Sonny Richards of Bellevue, secretary Vern Decoux and treasurer Bert Fowle, both of Blairmore. The executive will comprise Dr. Emil Aiello of Coleman, Dr. R. F. Stewart and P. Russell of Blairmore, Corporal Jack Hurst and Constable Harvey Pinnock, Bob Heembrock, Gordon Simonson of the RCMP, Chief of Police George Brown and Phil McNeil and Wilf Carpenter of Hillcrest.

Following the election of officers it was agreed that the group affiliate with the Alberta section of the Canadian Amateur Swimming Association for which a fee

of ten dollars will be remitted to the office in Edmonton. Application will be made for amateur cards which are to be issued to bonafide members of the club. Approximately twenty young persons from the Pass have joined the club and will train under Rocky Sorenson, formerly of Lethbridge, and now live guard at the swimming pool.

Classes are being held daily for persons wishing to learn to swim and membership in the club covers all lessons and pool fees. Purpose of the club is to teach persons to swim and to train youngsters to be able to handle themselves in water. Those wishing to join the club are requested to get in touch with any executive member or with Mr. Sorenson at the playgrounds.



Juliette, star of "Saturday Night", a CBC Trans-Canada radio show, is shown with arranger-conductor Rudy Toth (left) who leads a novel musical group containing piano, organ, vibes, guitar, bass, flute, and accordion. Big Bing Whitteker, on this otherwise musical show, completes the format by commenting on the week's event in retrospect. In fact that's why the three of them are reading a newspaper, in what was to have been a publicity photo featuring a pretty girl. Juliette's most attractive countenance is already familiar to thousands of Canadians, and Whitteker's grabbing attention for himself (by covering half of Juliette's face) won't fool anyone.

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Personalities

IN THE NEWS

Mrs. E. McDonald of Lethbridge was the recent guest of Mrs. Florence Smith.

Mr. and Mrs. Ken Blain and family of Kimberly were the guests of Mr. and Mrs. Jack Nash over the week-end while attending the Rodeo.

Mr. and Mrs. J.B. Fischer of Fort Macleod were the guests this week-end of their daughters Mr. and Mrs. J. Hanrahan and Mr. and Mrs. W. Westley, attending the Coleman Rodeo.

Mr. and Mrs. J. Sirapson and son of Fort Macleod and Mr. and Mrs. G. DeMare of Granum, visited with Mr. and Mrs. J. Hanrahan over the weekend.

Mr. McKeen Hunter of Calgary visited old friends in the Pass recently.

Miss E. Stellmahovich will teach in the Pincher Creek Division this fall term.

Mr. and Mrs. R. Kwasy and family where business visitors at Fernie last week.

Mr. and Mrs. A. Pollock and family of Kimberly, B.C., visited the latter's parents Mr. and Mrs. Kwasy, sr. over the weekend, also Mr. and Mrs. R. Kwasy and family.

Mr. Olsen of Fort Macleod spent the weekend with his daughter Mr. and Mrs. J. Kilgannon.

Mr. and Mrs. Hunter Walker of Pincher Creek visited in Coleman over the weekend.

Master Tommy Pharis from the Gap Ranger Station was a visitor of his grandparents Mr. and Mrs. T. Holstead last week.

The Cowboy Shirt Raffle by Mrs. Freda Drew for the Ladies Aux. of the Canadian Legion was won by Mrs. Helen Wasiliew, Box 1343, Cranbrook, B.C. with ticket No. 156.

The Canadian Legion and Ladies Auxiliary will hold their annual picnic Sunday Aug. 15th at Parishes Creek. Transportation will be supplied at the Clubrooms at 10 a.m.

A surface coat on the exterior of Holy Ghost Church is being done by Mr. Tino D Andrea.

Town crews will be surfacing the road between 3rd and 4th streets and completing sidewalk continuation to 6th street from Gillis corner. A rock wall is being erected from the culvert at the overpass to the curling rink, to keep the river in its new bed. Ground in the park will be levelled off and possibly seeded with grass.

Mr. and Mrs. J. McCoy and daughters Jennice and Doreen of Lake Alma Sask., and Mr. and Mrs. Ken McKersie and Valerie of Estevan are visiting Mr. and Mrs. H. Bowman.

Miss Helen MacLean, R. N. of Brooks hospital staff is the guest of her aunt and uncle Mr. and Mrs. C. McQuarrie.

Owens Red and White have added to their facilities to provide better and faster service for patrons. Increased business over the past year has necessitated alterations to make room for a second check out.

Mr. and Mrs. C. McIntyre and son of D'Arcy, Sask., visited with their daughter and son-in-law Mr. and Mrs. K. Lingard.

Miss Dianne Dickieson of Drumheller is visiting friends in Coleman.

Mrs. Jenny Mary of Calgary is the guest of her daughter and son-in-law Mrs. and Mr. Pinotti. Mrs. Mary recently returned from a trip to Penticton and Vancouver.

Mrs. C. Martland and family of Calgary visited with friends in Coleman and Bellevue, attending the 25th wedding anniversary of her parents Mr. and Mrs. Monti.

Mr. and Mrs. Albert Fauville and daughter, accompanied by Mr. and Mrs. T. Pexton and son, of Seattle, visited at Lethbridge last week and also drove to Banff via the Kananaskis road.

Mr. and Mrs. Algeton Lonsbury and family of Victoria visited the former's mother Mrs. Elizabeth Lonsbury, his sister Mrs. Jack Nash and a brother W. Lonsbury. Al was born in Coleman and lived here for many years.

JOB PRINTING

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BEANS, Green, Taste Tells, 2 tins for43
APPLE JUICE, 20 oz. tins, 3 for53
TOMATO JUICE, Libby's, 20 oz. tins, 3 for55
SOUP, Campbell's Tomato, 4 tins for59
SALT, Iodized, per tube18

Tomatoes

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Fair
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SUNLIGHT SOAP, 3 bars for38
AEROWAX, Quart Tins79
MATCHES, Red Bird, per carton33
WOODBURY SOAP, 4 bars for30
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PAPER SERVIETTES, per packet23
WAX PAPER REFILLS, per packet29

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St. Albans Church

Church Services will be resumed in St. Alban's Church on Sunday the 12th September.

On Sunday the 5th September all Anglicans in the diocese are invited to attend services in Calgary when the Most Reverend and Right Honourable the Lord Archbishop of Canterbury will speak.

In the evening at 7.30 p.m. a service will be held in the Corral with each parish making its own local arrangements for transport and choirs to attend. The Archbishop of Canterbury will lay the corner stone of Christ Church—

Elbow Park—on Saturday the 4th at 5.30 p.m. And His Grace will celebrate the Holy Eucharist in St. Stephen's on Sunday at 8 a.m. He will preach in the Cathedral of the Redeemer at 11 a.m. on Sunday marking the 50th anniversary of the laying of the corner stone by the Earl of Munro, then Governor General of Canada. All church services at which the Primate will speak are being broadcast over CPAC — CJOC — and CKRD (Red Deer).

All Christians are invited to hear the Archbishop at the evening service at 7.30 p.m. in the Corral.

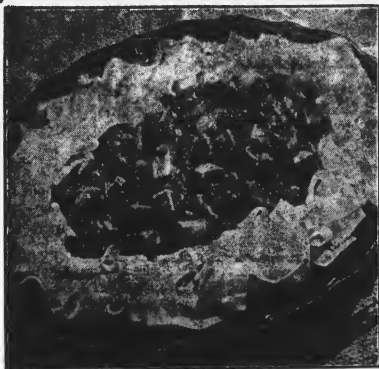
FAIR PRICES

PROMPT SERVICE



Good News for Homemakers

Anne Marshall



"Come to the kitchen and keep cool!"

Wouldn't that be heaven in the summertime? Actually, there's no need to turn the cooking corner into a virtual heat trap, even in the hottest weather. The smart cook plans a cool summer for herself, and a nutritious one for her family.

Here's how she does it. Cans and packages of staple foods like her kitchen shelf. Condensed soups, packaged rice and noodles, pull-apart mixes, canned beef gravy, meats and vegetables, spaghetti, and pork and beans put quick meals at her fingertips. A little bit of cooking... a lot of hearty eating!

A beef meal with table appeal features beef noodle soup. A can of beef or a cup or 2 leftover cooked beef, combined favorably with canned beef gravy and stirred with noodles—there's the main dish. To complement it... a canned or frozen vegetable, fruit salad (from

shelf or garden), and a chilled pudding.

Many dishes are enhanced with canned beef gravy. It's superb in stew, meat pie, and hash; or poured over cornmeal, meat loaf, chops, or vegetables. Poured into a ring of mashed potatoes or rice, it soothes the laziest appetite. Serve beef gravy with pork, lamb, veal, or poultry as well as with beef. It adds sappiness to every meal it touches.

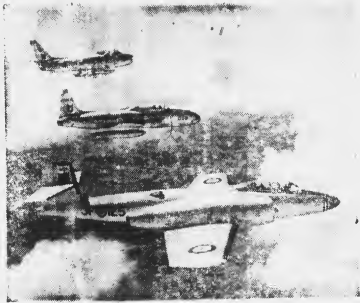
BEEF NOODLE SOUP

16-ounce package noodles
 small onion, minced
 1 can (1 1/2 cups) beef gravy
 1 to 2 cups cooked beef, chopped

Cook noodles according to directions on package. Meanwhile, brown onion in small amount of butter. Add beef gravy and meat to onion; allow to simmer 10 minutes. Arrange cooked, drained noodles into a ring on large platter. Pour beef gravy mixture into center. 4 servings.

PRINTING OF QUALITY

THE JOURNAL



FAST COMPANY — The R.C.A.F.'s outstanding jet aircraft get in a bit of practise for their Western tour which will give thousands of prairie and West Coast Canadians the opportunity of seeing the R.C.A.F.'s foremost jet fighter and Trainer in a combined display. (This is the first time this photo has been released publicly.)

Coleman Ravens Win Two League Games

On Sunday, August 8th the Coleman Ravens tangled with the Fort Macleod Chiefs in a double-header League game. Rypien pitched the first game for Coleman and Chisholm received. Coleman had the lead in the third and kept this lead right to the end of the game.

The score at the end of the game was 8-5 in favor of Coleman Ravens.

In the second game Smith pitched and Zembiak received. In this seven inning game Fort Macleod got a lead in the first inning and kept it till the top of the seventh. The score at the top of the seventh was 6-4 for Fort Macleod and this was Coleman's last time at bat. Coleman started a big rally and had two men on base when Smith hit a double and knocked them both in to tie the score. Jenkins singled and Smith came in for the winning run. The score at the top of the seventh was 9-6 for the Coleman

Ravens. The Fort Macleod Chiefs were scoreless in their last time at bat. The score at the end of the game was 9-6 in favor of Coleman Ravens. This last game was the fourth straight victory for Coleman as they had won both games from Fort Macleod on the previous Sunday in Coleman.

Mrs. Nellie Amos Is Laid To Rest

BELLEVUE — Mrs. Nellie Amos, 70, a long time resident of Bellevue, died in the Calgary General Hospital, August 1, following a period of ill health.

Mrs. Amos was born in Nottingham, England, and came to Bellevue with her husband in 1909. She was predeceased by her husband, Arthur, in Bellevue in 1925, by a son, Eric, at Bellevue in 1947 and by another son, Stan, in Cadomin in 1952. Surviving are one son, Albert, at Bellevue and a daughter, Mrs. Matthew Douglas of Calgary, and by eight grandchildren.

Funeral services were conducted from the United Church in Bellevue, Thursday, with interment following in the Bellevue United Church cemetery. The Rev. Blair MacPherson of Bellevue officiated. Culham's Funeral Home was in charge of arrangements.

Lions Elect International President



Monroe L. Nute

Monroe L. Nute of Kennett Square, Pennsylvania was elected International President of Lions International at the Association's 37th Annual Convention in New York City. Lions International with more than half a million members in 11,000 clubs in 58 countries and geographical locations is the world's largest service club organization.

Herald Again Offers Nursing Scholarship.

For the second year two nursing scholarships, with a total value of \$900, will be offered by The Calgary Herald to girls graduating from Southern Alberta high schools.

Last year the first of the annual scholarships awards for nursing were won by Kathleen Halpen and Adelaide Susanne Jaques, both of Calgary. Miss Halpen is in training at the Calgary General Hospital and Miss Jaques at the Holy Cross.

Each scholarship is valued at \$450 and they are paid in installments beginning at each of the three training years in the following manner: \$200 at the time of enrollment; \$100 at the beginning of the second year provided the student has had a satisfactory first year; and \$150 at the start of the third year provided the second year has also been satisfactory.

Students attending high school in the area south of a line running from Rocky Mountain House east to Red Deer and Coronation, are eligible to apply for the scholarships.

Those wishing to train in the Holy Cross hospital should send applications to the Holy Cross School of Nursing and those wishing to take training at the Calgary General should send applications to the School of Nursing there.

All applications must be in by September 1.

Applications should include the name, age and address of the student as well as the name of the high school principal in the high school attended.

Applicants must have obtained senior matriculation with 100 credits; they must be accepted by one of the two Calgary schools of nursing to be eligible for the award; and they must meet the standards of scholastic attainment required by the scholarship committee.

The character and need of the applicants will also be factors taken into account in deciding the winners.

Applications can be obtained by writing to either of the two schools of nursing in Calgary.

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Milk 6 tins	-	99	Shirriff's White packet		37
			Shirriff's Lemon Filling 2 packets		43
Refills, wax paper 2 rolls	55		Tuna Fish light tin	-	28
Purex, 3 rolls	-	39	Corned Beef Hereford tin		.53
Kleenex, regular 2 for	41		Perky Dog Food 5 tins	-	.59
Red Salmon Cloverleaf 2 for	85		Jello 3 for	-	31
Marshmallows Angelus	-	40	Margarine Delmar 3 lbs		1.00
Camp Coffee bottle	-	45	Tomatoes 28 oz tins 2 for		49
Cream Corn 15 oz 3 tins	-	50	Fine Coconut pound	-	45
Lima Beans 20 oz 2 tins	-	45	Walnuts light cello	-	35
Foil Wrap roll	-	35	Bakers Chocolate half lb		55

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TO

BLAIRMORE

AUGUST 13th and 14th
FRIDAY and SATURDAY

GAYLAND SHOW

Canada's Largest Motorized Midway

sponsored by Canadian Legion B.E.S.L. No. 7

10 BIG RIDES

Tilt-a-Whirl
Merry-Go-Round
Octopus
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Pony Ride
Ferris Wheel

6 BIG SHOWS

Monkey Motor Drome
Seal Show
Wild Animal Circus
Magic Show
Fun House
"Hawaii"
with all-girl cast

★ ★
FREE ADMISSION TO GROUNDS

COME ONE!

COME ALL!

Safeguarding Summer Meals...

It's summertime — time for outings, picnics and backyard suppers. It's time for special summer meals, prepared ahead of time, and served out of doors. It's time for the entire family to enjoy eating to the full!

But there are dangers ahead — whether you're aware of them or not. Food poisoning, in any one of its various forms, can spoil your summer fun, and even end in tragedy, unless you are constantly on guard against it. Here are some of the facts.

The Food Poisoning Menace

Food poisoning occurs when, by mistake, some article of food is eaten which is poisonous itself, or which has been contaminated from

an outside source.

Poisonous berries, fungi mistaken for mushrooms, diseased meat and poisonous shell fish, have taken their toll from time to time. But the most common cases of food poisoning are those caused by food infections or food intoxications. Illness from food infection is caused by bacteria carried into the mouth on food when it is eaten. If there are bacteria or poisonous toxins in the food, the resultant illness is due to food intoxication.

We hear of cases of food poisoning where a number of people are stricken after a church picnic, wedding reception or banquet. Yet few people realize that the same common food poisoning bacteria (staphylococci, salmonellae and streptococci if you want their names!) may be present in foods prepared at home, even though the kitchen may be scrupulously clean. The bacteria or resultant toxins may be in the food when it is purchased or may be introduced by any person handling the food as it is sold, prepared or served.

There is no red warning light to flash on and off when food poisoning bacteria lurk in your food. But there are sensible precautions or danger signals which, if heeded, will prevent or discourage bacterial growth. Warm summer days increase the need for obeying the danger signs. You'll want to recognize them when they appear.

Don't Trust Your Instincts!

Usually the guilty food does not look or taste or smell spoiled. If you're in doubt, but the suspicious food rapidly for several minutes before tasting it. Better still, discard it and eat something else.

There's Safety In Cleanliness!

Clean food, handled by clean people under sanitary conditions will seldom be guilty of causing food poisoning. Buy your food in a clean, tidy store. Wash all food, even though you plan to cook it. Make sure food is stored, prepared and eaten in clean surroundings. Public picnic tables and campsites are a wonderful invention, but they should always be covered or thoroughly cleaned before using. Especially away from home, children and adults should be encouraged to wash hands often. Cuts and open sores should be covered — and of course all food should be well protected from disease-carrying flies and insects.

Heat and Humidity Increase the Risk

Although most bacteria can be killed by very high temperatures, the average, hot, humid summer day merely provides ideal growing weather for the food poisoning types. Cooked or uncooked foods, prepared ahead of time, should be continuously and well refrigerated until serving time. Portable ice boxes and roadside ice vending machines are invaluable aids to the travelling family.

Accent the Acidity!

You'll find that food poisoning bacteria don't like an acid atmosphere, so take advantage of this

fact. Protect sandwich fillings, salads and minced meat with extra amounts of vinegar, lemon juice, pickles, salad dressing and catsup.

Time Is of the Essence.

No matter how favorable or unfavorable the other conditions, the longer the time between preparing and eating the food, the greater the danger of food poisoning bacteria developing. The minutes count, so prepare your foods as near to mealtime as possible and keep them cold and covered until eaten.

Food—Handle With Care:

Any variety of bread, enriched while, whole wheat, rye, raisin or specialty loaf, under reasonable conditions, is a completely safe food at any time. Because it stays fresh even at high temperatures, and is not easily contaminated in storage or handling, bread is the ideal basic food for picnics or camp meals. Build your outdoor meals around other bakery foods, like rolls, muffins, cookies and cakes. They are natural picnic "musts" since they keep and eat well too.

Other top priority summer foods include most kinds of cheese, washed fruits like apples, bananas and oranges, clean raw vegetables, cured or pickled meats, peanut butter, and most commercially canned foods.

Exercise sensible precautions with other essential foods, but don't eliminate them from your meals just because they could be potential sources of food poisoning. In fact, protein foods can be the worst offenders, but your daily diet would suffer from lack of them. Special care with milk, cream, fresh meat, fish, poultry, egg mixtures and leftover foods will pay dividends in safety and enjoyment.

Do's and Don'ts For Picknickers

Do—Include bread in every picnic basket. Low susceptibility to bacterial growth and good keeping qualities, even under adverse conditions, make bread the safe, convenient food for every outdoor meal.

Do—Plan picnic meals to contain a variety of foods. If food poisoning should develop, symptoms will be less severe if other foods are eaten with an infected food.

Do—Pack sandwiches and other picnic foods in small packages so the cold can penetrate each package when refrigerated. All picnic food should be refrigerated immediately after preparation and kept as cool as possible until eaten.

Do—Add plenty of pickles, salad dressing, vinegar, lemon juice or other acid food to your sandwich fillings mixtures during hot weather. The danger of food poisoning bacteria developing will be less since they don't grow well in acid media.

Don't—Buy unwrapped bread or other unpackaged fresh foods in an unfamiliar store. Play safe and buy sanitary wrapped bread, packaged cookies, canned meats and other foods in cans or packages when away from home.

Don't—Taste food suspected of being spoiled. Many food poisoning bacteria and toxins are tasteless and odorless. It is best to discard or burn the suspected food.

Don't—Use foods highly susceptible to food poisoning bacteria, if you must prepare your picnic ahead of time where refrigeration is not available. Cheese and peanut butter, with or without pickles, jam or marmalade, are the safest sandwich fillers. Of course your sandwiches will be made from enriched bread or rolls, always safe for a long, warm journey or a long wait till mealtime.

Don't—Be afraid to freeze most kinds of sandwiches for the picnic on motor trip. Out of the freezer and into the picnic basket, they'll keep cool and fresh on the warmest day.

A Country Editor Looks At The News

* Canadiana: At the Herb Rutley home in the Cut Knife, Sask., district 100 persons, all relatives, assembled for a family reunion; six brothers and three sisters of a family of ten sat down for supper together for the first time since 1910. Timothy has been sure "growing up" at the A. L. Hand place of Shanty Bay, R. R. 2 (Ont.), a stalk measuring six feet, 10 inches. Life begins at 73, according to "Grandma" Mrs. E. B. Switzer visiting her daughter at Monte Lake, near Kamloops, B.C. hooked herself a 12-inch Rainbow trout; daughter of Mrs. C. Anberry. Rosthern, Sask. News reports that Jack Taylor, Charlie and Ted Springs and Fred

Dooles went for a fishing trip to Lac la Ronge, took a plane to Black Bear Lake and in two days fishing landed 130 pickerel and jacks between them. Jerry's lucky stars that he met up Stamborg of Enderby, B.C. thanks with a grizzly which was unable to climb trees; ran into one in the bush near home and was attacked; he managed to climb a tree which had no low hanging branches and feels he must have had wings otherwise he couldn't have made it. Village of Sidney, B.C., received an unexpected bonanza, cheque from the provincial government for the village's share of 5 percent tax on beer sales, a short-lived tax, charged for \$5 after costs of collecting had been deducted. Says the Review, "The Commissioner learned of the arrival of the cheque with undisguised joy." Reporting, in the Fredericton, N.B., Free Press "There were 34 marriage at Bathurst Saturday night and all the brides were beautiful, according to press reports." From the untidy (Ont.) Forester: "The early closing of stores on Saturday nights breaks a long-time tradition. It is a wonder that a greater volume of protest has not been heard. Forty years ago one might have expected a reus on the Shawinigan (Que.) Standard: "Man is just a worm in the dust; he comes along wriggles around for a while and finally some chicken gets him." From the Dawson Creek, B.C., Peace River Block News: "However far the town vs country controversy goes—and it may never be resolved while city people move to the farms and village to the cities—one striking fact remains, physicians normally establish their

schools in city centres.

* Burlington (Ont.) Gazette: "For a nation that depends so much on foreign trade as Canada, we are getting on dangerous ground when we give serious consideration to a system of two prices for our products, high for home market, low for exports."

* Tillsonburg (Ont.) News: "... as long as farmers and farm hands allow themselves to be lulled into a 'what could happen to me' attitude, there is danger in every piece of moving equipment, in every farm animal. This danger should be respected and safety precautions taken at all times."

* St. Maurice Valley (Que.) Chronicle: "It has not been explained why it should be less humiliating for a disabled person to submit to a means test. However, it may be realized that the totally disabled are relatively few in number, while there are millions of young parents and elderly people in Canada. Young and old can manage to reach the polls on election day, a journey that is accomplished only with difficulty by the totally disabled."

* St. Vital (Man.) Lance: "Experience had provided ample illustration that, in order to remain despo, men must rid themselves of benevolence and the easy road leads to an unhappy destination. It was for this reason our fathers chose freedom," a hard and noble way of life.

* Bowmanville (Ont.) Statesman: "Best remedy for unemployment is to be found in an adjustment of wages and salaries that would bring down costs of production."

* Kentville (N.S.) Advertiser: "Canada, and in particular the Annapolis Valley, produces an excellent cider in substantial quantities. Apparently, but for Swiss import duty, there exists a good market for cider in Switzerland. Swiss industrialists who seek to exploit to their own advantage the Canadian market would, therefore, be well advised to return home and revise their own restrictive import regulations before preaching to Canadian the blessings of free trade."

* Prince George (B.C.) Citizen: "If a businessman wants to sell his goods at cost or less than cost, that is his business and, if he keeps it up long enough, that is his funeral. To ask the government to step in and stop him is inviting trouble and in large goods."

* Penticton (B.C.) Herald: "A considerable part of our world seems to find communism more attractive than the freedom we have held as our ideal. There are men of knowledge and virtue and understanding who have become confused in their thinking until they cannot be wholly trusted. There are others who through vanity and a will to power reach the same place."

GENERAL RULES FOR CAR SICKNESS

Although car sickness is, fortunately rare thing among adults, it sometimes troubles children and it is a wise parent who knows the best methods of minimizing its effects.

These general rules apply to both adults and children:

1. Eat lightly and avoid rich foods. Have your main meal after the day's trip is over.

2. Let the sickness-prone person ride in the front seat where there is less rolling motion.

3. Make short stops frequent and suggest a few sips of cool water.

4. Avoid fast driving — especially on curving highways where the motion may approach the sensation of riding in a boat.

5. Avoid smoking if a person is subject to sickness. Cigar smoke may be enough to make a partly sick rider really ill.

6. A very young child is not so apt to be ill if attention is distracted from the rapidly moving scenery.

7. An empty ice cream container, a wash cloth, a thermos of water, and a supply of peppermint gum will lessen the unpleasantness if sickness actually occurs.

It's no fund to be sick, but many a child's tendencies toward sickness can be prevented by these rules.

A lady was walking down Fifth Avenue recently with a minuscule Pekinese on a leash. A curb and a pair of hulking mechanics were hanging away at the engine, trying to get the contraption started. When the lady and the tiny dog came alongside, one of the moving men advanced toward them politely lifting his hat.

"Lady, could we borrow your dog for a minute?"

The lady was startled. "Why? What are you going to do with the dog?"

"Hitch 'im up to the truck to get it started," said the mechanic. "The lady lost her breath. "How idiotic! A little dog like that could not pull that big truck."

"Oh, that's all right, lady," said

the driver with complete assurance, "we got whips!"

The Old Well Spring at Bath, England, has discharged in 150 years enough solids to create an excavation six feet wide, three feet high, and nine miles long, yet its water seems perfectly clear.

Spruce trees grow in swamps.

Nature unaided raises far more trees than can be planted.

Magnesium is being used in electroplating to protect metal against corrosion.

Blocks of salt are the favorite form of currency among the Ber-tat tribe of western Asia.

Classified Ads

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COLEMAN PHARMACY

Eggplant Is Popular Vegetable

With so many good vegetables from which to choose it is too bad to keep serving the same ones over and over again. Of course, everyone has favourite vegetables, but you miss out on very good eating if you never try some of the less familiar ones. Eggplant is a good example, its sleek, purplish-black, rather stately appearance attracts you immediately, but your admiration may be followed by bewilderment about how to cook it. All too few take the time to find out, and eggplants are often by-passed at the vegetable counter.

The name tells you nothing, for in size, color, and taste eggplant is quite unlike an egg. History records one attempt to change the name. That was in the seventeenth century when British traders brought eggplants to London markets from West Africa under the name "Guinea Squash". However, that could not have been very popular because it continued to be known as the eggplant. The eggplant is a native of India and the Indians, Chinese and Arabs grew them centuries ago to use as a basic food in their diet. It may well be that the early eggplants were smaller and more like eggs, but in any case it would seem that the name is here to stay.

Eggplants, as we in Canada know them, are oval to round in shape, about the size of a muskmelon with a purplish to black skin color. It is interesting to note that they do occur in other countries in many sizes and shapes. Some may be rather like an oversized banana while others are more like a huge tomato. The color can vary too — some are white and others are green. But certainly you are making a big mistake not to become acquainted with this "Glamour Girl" of the vegetable patch, for once you do get to know and like the eggplant you are sure to serve it often.

If you have hesitated up to now to cook eggplant then you will be glad to hear that the home economists of the Consumer Section,

Canada Department of Agriculture say that it is very easy to do. Before cooking it, of course you have to buy it and the home economists have some very good advice on this point. They say to choose an eggplant that is firm, glossy and free from blemishes. As for cooking—frying is perhaps the fastest method and the one that is used most often. First peel the eggplant and cut it into half-inch slices, then dip the slices in egg and crumbs and saute them in a small amount of fat until they are tender and golden brown. This takes about 8 minutes. Fried eggplant is delicious served with broiled tomato halves. Broiled eggplant is good too, especially if you sprinkle a little grated cheese on it just before it is finished cooking. Since eggplant has such a distinctive flavor it combines well with other vegetables in a casserole. So, it can be used either as a vegetable at dinner or as a lunch or supper dish.

An idea for a luncheon dish is to cut the eggplant in half lengthwise, scoop out part of the centre, cut into cubes and use as part of the filling. Then fill the eggplant with a tasty stuffing of either creamed meat or vegetables. Bake it in a moderate oven of 350 deg. F. for 45 minutes or until tender. And here is the home economist's recipe for "Quickie" Eggplant Casserole.

"Quickie" Eggplant Casserole
1 medium eggplant, 3 tablespoons fat, 1 tablespoon finely chopped onion, 1-10 ounce can cream of mushroom soup, ¼ cup grated medium Cheddar cheese, 2 tomatoes, sliced, ½ cup buttered crumbs.

Cut eggplant into one-inch slices, parboil and cut into cubes. Saute eggplant in fat for 5 minutes and place in a greased casserole. Add onion to soup, heat and pour over the eggplant. Sprinkle with grated cheese, arrange tomato slices on cheese and top with buttered crumbs. Bake in a moderate oven, 350 deg. F., 45 minutes or until crumbs are browned. Makes six servings.

Broccoli
The Consumer Section, Canada

Department of Agriculture say to choose broccoli that is fresh and clean looking. It should have tightly closed green flower buds in compact clusters or heads and there should be no yellow color in the buds. Here are home economists' directions for cooking broccoli.

1. Cut off woody part of stalks and remove coarse leaves.
2. Cut large stalks lengthwise into suitable serving portions. Wash thoroughly and tie loosely into bundles.
3. Place bundles upright in about 1 inch of boiling water in a deep saucepan or top of double boiler.

The water should come not more than half way up to base of flowerets.

4. Sprinkle with salt, allowing ½ teaspoon per pound of prepared broccoli.
5. Cover and cook until stalks are just tender allowing 8 to 12 minutes for young, early broccoli;

10 to 15 minutes for late broccoli. When buying broccoli, allow about 1½ pounds for four servings.

A drawn butter sauce or a cheese are very good with broccoli and a few chopped nuts add a pleasant crispness.

Pineapple Juice
Doles Fancy
20 oz. tin22

Apple Juice
Sunrype, clear
20 oz., 2 tins.....37
48 oz. tin, ea.39

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